HANDOUT WC-1

WALLET CARD

FRONT OF CARD

MY HIGH-RISK SITUATION 1. 2.	MY EMERGENCY PLAN FOR COPING WITH A SLIP
3.	
MY COPING STRATEGIES 1.	
2.	
3	

BACK OF CARD

Еме	ERGENCY PHONE NUMBERS
Your	Name
Frien	d
Fami	ly Member
Detox	x Unit
Hosp	ital
AA/N	A Sponsor
FSAT	「Facilitator
Treat	ment Center
Proba	ation Officer
Case	Worker
Coun	selor
Other	rs

DSAT LEVEL III AND IV MAINTENANCE SESSIONS

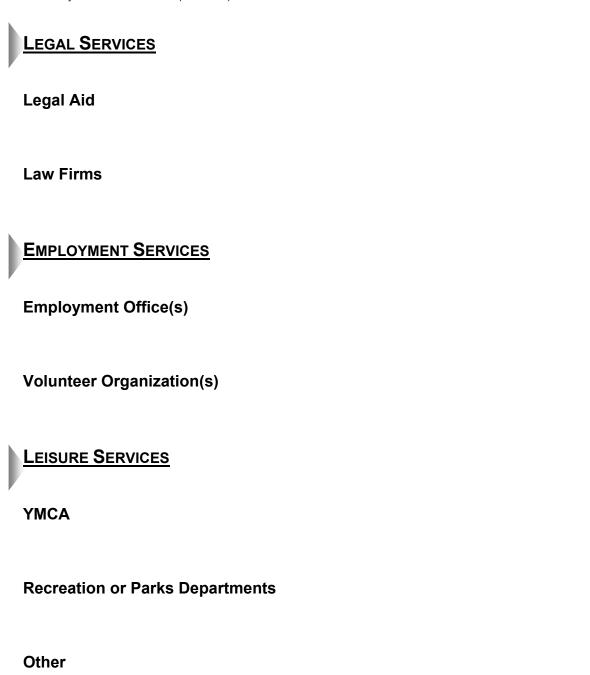
	Check	Check
Session 1	Session 13	
Session 2	Session 14	_
Session 3	Session 15	
Session 4	Session 16	
Session 5	Session 17	
Session 6	Session 18	
Session 7	Session 19	
Session 8	Session 20	
Session 9	Session 21	
Session 10	Session 22	
Session 11	Session 23	
Session 12		

Please have a DSAT facilitator initial and date each session you attend.

WORKSHEET WC-2

COMMUNITY RESOURCE TEMPLATE
Addiction Services:
Detox:
Day Treatment:
Residential Treatment:
Contact for Self-Help Groups:
HEALTH SERVICES
Hospital
Llaskib Olivia
Health Clinic
Family Doctor
Talling Doctor

Community Resource Worksheet (continued)



HANDOUT WC-3

WALLET CARD EXERCISE

INSTRUCTIONS

- **1.** Each of you should brief your partner on your own high-risk situation (refer to the intensive phase Worksheet 15-6 for level 4, and Worksheet 10-6 for level 3: Mapping My Relapses for a reminder of your high-risk situations). So in each group, there will be two briefings.
- **2.** Each of you should then take five minutes to create a scenario you'll use to challenge your partner. The scenario should involve your partner's highrisk situation. See the second page of this handout for an example of a challenging scenario.
- **3.** When you're both done, each of you should brief your partner on the scenario you developed for him.
- **4.** Each of you should then spend about 5 minutes trying to identify all the coping skills you could use in the high risk situation your partner challenged you with (e.g., refusal skills, problem solving, constructive thinking, leaving the situation). Make sure you consider your wallet card would it be useful? How would you use it?
- **5.** Finally, each of you should brief your partner on the strategy you identified for handling the high-risk situation he created for you. Partners should provide input on the strategy, asking questions and making suggestions to improve the response, and the use of the wallet card.



Example of a Scenario to Challenge Your Partner

YOUR PARTNER'S HIGH-RISK SITUATION

Type: Pressure from Friends

SITUATION YOU DEVELOP TO CHALLENGE YOUR PARTNER

R

ick has not used cocaine in over two months and is feeling good about his life right now. Although Rick sometimes misses the excitement of getting high and

hanging out with his brothers and friends (who still use cocaine), he notices that there have been some important changes in his life that are quite positive. Rick's relationship with his girlfriend, Joanne, has really improved and she now trusts him a lot more than in the past.

During a weekend when Joanne was away with family, Rick decided to head over to his brother's house where his buddies would be hanging out. Rick knew there would be cocaine use but didn't think it would be a problem, especially because he was clean for such a long time.

When Rick arrived at the house he saw that all his friends were at the house, there are plenty of good rock tunes playing, and the guys were snorting lines in the living room. Rick says to himself that he can party without the drugs but the coke keeps getting passed to him even though he keeps refusing by passing on the lines when it's his turn.

Rick's brother John starts to get really vocal about Rick's passing on the drugs and directly asks, "do you want to try some powerful Coke". At this point, Rick finds it hard to resist and decides to "sample" only a bit of Coke. He says, "No one needs to know I'm using, including Joanne who is away this weekend." Rick snorts for most of the night.